



Grant County Health Department
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Folic Acid- What Women Need to Know

If a woman has enough folic acid in her body ***before and during pregnancy***, it can help prevent major birth defects of the baby's brain and spine. **Women need 400 micrograms (mcg) of folic acid every day.**

Why folic acid is so important

Folic acid is a B vitamin. Our bodies use it to make new cells.

Folic acid is very important because it can help prevent some major [birth defects](#) of the baby's brain and spine ([anencephaly](#) and [spina bifida](#)) by 50% to 70%.

When to start taking folic acid

For folic acid to help prevent some major birth defects, a woman needs to start taking it **at least one month before she becomes pregnant and while she is pregnant.**



Every woman needs folic acid every day, whether she's planning to get pregnant or not, for the healthy new cells the body makes daily. Think about the skin, hair, and nails. These – and other parts of the body – make new cells each day.

How a woman can get enough folic acid

There are two easy ways to be sure to get enough folic acid each day:

Take a vitamin that has folic acid in it every day. Most multivitamins sold in the United States have 400 micrograms (mcg). Women can also choose to take a small pill (supplement) that has only folic acid in it each day.



Eat a bowl of breakfast [cereal that has 100% of the daily value of folic acid](#) every day. Check the label on the side of the box, and look for one that has "100%" next to folic acid. Also see the webpage below for a list of cereals.

<http://www.cdc.gov/ncbddd/folicacid/cereals.html>

Source: Centers for Disease Control and Prevention



The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

It's Not To Late for Influenza shots

Influenza shots are available at all WIC and Health Check clinics and Immunization Clinics. Shots are also available at the Grant County Health Department at 111 South Jefferson Street in Lancaster on Tuesdays from 8:00am to 4:00pm.

Want to quit smoking? Need some help?

The Wisconsin Tobacco Quit Line offers free, confidential, non-judgmental coaching and information about how to quit. Quit coaches help each caller develop an individualized quit plan, including selecting a quit date. Research shows smokers who use the Quit Line are four times more likely to quit than if they try to quit on their own.

Call 1-800-QUIT-NOW to get started (800-784-8669). It's free

Kid-Friendly Veggies and Fruits

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

Frosty Fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.



Bugs On a Log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!



Homemade Trail Mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

Source: www.choosemyplate.gov

Contact the UW-Extension's Nutrition Education Program at 723-2125 for more information on keeping your family healthy.



Immunization Clinics

Feb 13th—Platteville United Methodist Church from 5:00pm to 6:00pm

Feb 14th—Muscodia Kratochwill Bldg. 3:45pm to 4:15pm

Feb 14th—Fennimore St. Peters Lutheran Church from 5:00pm to 5:30pm

Feb 15th—Hazel Green Methodist Devotional Center from 4:00pm to 4:30pm

Feb 15th—Cuba City—City Hall from 5:00pm to 5:30pm

Feb 15th—Dickeyville New Fire Station from 6:00pm to 6:30pm

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Feb 1st—Late Muscodia Kratochwill Building from 3:00pm to 7:00pm

Feb 2nd—Platteville Peace Lutheran Church from 9:00am to 3:30pm

Feb 8th—Fennimore United Methodist Church from 9:00am to 3:30pm

Feb 14th—Boscobel United Methodist Church from 9:00am to 3:30pm

Feb 16th—Late Platteville Peace Lutheran Church from 1:00pm to 7:00pm

Feb 21st—Cuba City St Rose Catholic Church from 9:30am to 3:30pm

Feb 23th—Platteville Peace Lutheran Church from 9:00am to 3:30pm

Feb 28th—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

Websites

Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.

Visit the Wisconsin Immunization Registry (WIR) website www.dhfs.wisconsin.gov for information on your immunizations.

Visit www.grantcountyhospice.com for information on the Hospice Program.

What is cervical cancer?

Cervical cancer occurs when abnormal cells on the [cervix](#) grow out of control. The cervix is the lower part of the uterus that opens into the vagina. Cervical cancer can often be cured when it's found early. It is usually found at a very early stage through a [Pap test](#).



What are the symptoms?

Abnormal cervical cell changes rarely cause symptoms. But you may have symptoms if those cell changes grow into cervical cancer. Symptoms of cervical cancer may include bleeding from the vagina that is not normal, or a change in your [menstrual cycle](#) that you can't explain.

How is cervical cancer diagnosed?

As part of your regular pelvic exam, you should have a Pap test. During a Pap test the doctor scrapes a small sample of cells from the surface of the cervix to look for cell changes.

Can cervical cancer be treated?

Yes! Cervical cancer that is caught early can usually be cured.

What if I don't have any insurance or can not pay for a pap smear?

The Wisconsin Well Woman Program helps women from age 35-64 that do not have insurance to cover pap tests receive this life saving screening for **free**. Women must fall under certain income guidelines (See below guidelines). Women aged 45-64 may also receive a free mammogram and other breast screenings. To enroll or for more information, please call the Grant County Health Department at 723-6416 and ask for Julie or Heather.

Can cervical cancer be prevented?

Yes! Cervical cancer is caused by the **HPV (human papillomavirus)**. HPV is spread through sexual contact. There is a vaccine available to prevent HPV infection. The vaccine is available for girls aged 9-26 years of age. It is recommended to be given at age 11 or 12, before a woman has started sexual activity. The HPV vaccine is available free of charge for both girls and boys aged 9-26 (HPV also causes genital warts in males and females) through the Grant County Health Department.

Free Radon Test Kits Available

Americans spend about 90% of their time indoors, but indoor air is not always as safe as it may seem. One of the most serious health hazards found in indoor air is completely invisible. It is an odorless, colorless gas called radon. This gas is the second leading cause of lung cancer and is responsible for up to 30,000 lung cancer deaths each year.

Radon occurs naturally in the soil and accumulates in homes especially during the winter months. High radon levels have been found in every state and in every type of house. In Southwest Wisconsin, past testing has shown that in some areas 30% of homes have elevated radon levels. Making repairs to eliminate radon gas can be simple and affordable. A typical radon problem can be solved for less than \$1,000.



Testing is the only way to know what the radon level is in your home. Test kits are available free of charge at the Grant County Health Department, 111 South Jefferson Street, Lancaster, WI. For more information, contact the Grant County Health Department at (608) 723-6416.

CHOOSE PREVENTION OVER PROCRASTINATION!!!!

Think FAST for a Stroke

Stroke is the third leading killer in the United States. A stroke is caused when blood flow to a part of the brain is cut off or when there is bleeding into the brain. Strokes can cause permanent damage, but sometimes the damage can be stopped or reversed. Many treatments must be started within 3 hours to be the most helpful. It is important for the person having a stroke to get care as quickly as possible. To recognize signs of a stroke, think **FAST**

Face: Weakness, numbness or drooping on one side of the face. Ask the person to smile. Does one side of the face droop?

Arm: Weakness or numbness in one arm. Ask the person to raise both arms. Does one arm drift downward?

Speech: Slurred speech or difficulty speaking. Ask the person to repeat a simple sentence (for example, ask the person to say something like, "The sky is blue.") Are the words slurred? Can the person repeat the sentence correctly? (If the person is unable to do any the above tasks, they may be having a stroke)

Time: Try to determine when the signals began. If the person shows any signs of stroke, time is crucial. Call 911 or the local emergency number right away!

Source: American Red Cross, American Stroke Association



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